



# MARKET STREET UNITED METHODIST CHURCH

## April 2024

### ***Following Jesus with Our Feet***

In his book *Crazy Christians; A Call to follow Jesus*, Bishop Michael Curry writes: *Discipleship is not simply a theoretical concept. Discipleship is about feet. It is about discovering and claiming your true identity, because 'where your feet take you, that is who you are.'*

If that is the case, it is so symbolic that Jesus washed his disciples' feet on that night. As the time for him to leave the earth was nearing, Jesus wanted them to discover and claim their identity. Jesus wanted them to follow his ways, so all the places they went, there would be love, healing, compassion, forgiveness, reconciliation, and hope.



As disciples today, Christ challenges us the same. Through our daily service to God and God's people, we are to discover and claim our true identity. And in all the places we go (are they the places God wants us to go in a first place?), we are to represent Christ's love, healing, compassion, forgiveness, reconciliation and hope.

We will celebrate the resurrection in a few days. Our prayer is that, we will always follow Jesus with our feet. And as "Resurrection people," we are to share God's amazing love with all the people in all the places.

Christ is risen indeed! Hallelujah! Keiko

### **Our Staff**

***Pastor***

*Rev. Keiko Foster*

***Admin. Assistant***

*Kathy Freeland*

***Director of Music***

*Dr. Steve*

*Jennings*

***Church Musician***

*Connor Crotzer*

***Custodian***

*Linda Campbell*

### **Our Leadership**

***Administrative***

***Council Chair***

*Kathy Freeland*

***Lay Leader***

*Toni O'Connor*

***Finance Chair***

*Lisa Martinson*

***Treasurer***

*Donna Dailey*

***Staff Parish***

***Relations Chair***

*Busey Ward*

***Trustee Chair***

### **Mark Your Calendar NOW!**

### **EASTER POTLUCK**

**Sunday, April 21**

**Right after Worship**

**Bring Food to share! Join the fellowship!**



**Palm Sunday Celebration (Downtown Celebration & In-house)**



**Thanks to Tom and Buddy for the new sign (and Harold to put it up)!**

## General Conference 2024

After a four-year delay due to Covid, the 2020 General Conference will take place April 23-May 3, 2024 in Charlotte, NC.

You can learn about the General Conference the following ways:

General Conference website: <https://www.resourceumc.org/en/churchwide/general-conference-2020>

United Methodist News Service: [www.umnews.org/en/category/general-conference](http://www.umnews.org/en/category/general-conference)



There is a 5-minute video that explains:

⇒ What does General Conference do?

⇒ How are delegates elected?

⇒ What happens after the GC?

<https://youtu.be/U2MLEFn3b8M>

Who represents the Virginia Conference?

[vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/](http://vaumc.org/blog/2023/05/17/general-conference-2024-virginia-conference-delegation/)



**\*\* Do YOU have prayer shawls to donate for the General Conference? \*\***

If you have prayer shawls you would like to donate, please bring them to the District Office, 78 Brook Creek Road, Toms Brook, VA 22660 or contact the District Office at 540-433-2382 by April 3rd.



## 2024 VAUMC Annual Conference "A Conference in Three Movements"

Hampton Roads Convention Center

June 20-22, 2024



The theme of the 242<sup>nd</sup> session of the Virginia Annual Conference is **A Conference in Three Movements**. This theme emerges from the belief that there are three principal movements of the Holy Spirit taking place in the present era of the church:

1. The **theological** movement from prevenient grace to sanctification. This is the movement of the Holy Spirit in the human heart.
2. The **historical** movement of Methodism captured in our past, lived in our present, and pointed toward our future. This is the movement of the Holy Spirit in the church.

The **missional** movement from gathered spaces into all the world. This is the movement of the Holy Spirit in community.

You can find the AC agenda here:

[doc.vaumc.org/AC2024/GenAgenda2024Feb15.pdf](http://doc.vaumc.org/AC2024/GenAgenda2024Feb15.pdf)

### **Kits for Conference—Can you help?**

*Needed items can be found in the links below.*

#### **Cleaning Kits**

[umcmmission.org/umcor-cleaning-kit/](http://umcmmission.org/umcor-cleaning-kit/)



#### **Hygiene Kits**

[umcmmission.org/umcor-hygiene-kit/](http://umcmmission.org/umcor-hygiene-kit/)



#### **Menstrual Kits ("Period Pack")**

[umcmmission.org/umcor-menstrual-hygiene-kit/](http://umcmmission.org/umcor-menstrual-hygiene-kit/)



## The Rebounder is back!

It looks like the rebounder mini trampoline has made a comeback. I'm seeing claims that bouncing on a rebounder helps with lymph flow, thereby helping to detoxify the body. Well, this claim is interesting but there is little scientific evidence it accomplishes this. Any time you are moving or even just deep breathing lymph flow is being facilitated. Bouncing gently on a rebounder could help lymph flow, but compared to taking a walk, or doing yard work is bouncing on a rebounder any better? I'm not sure. I'm not aware of a study that compares bouncing on a rebounder with some other physical activity as far as lymph flow is concerned.



I do feel exercising on a rebounder can help with balance because you are on an unstable surface. Some rebounders come with a bar attachment you can hold onto which is a good idea if you are not confident in your balance. There are some good exercise routines on the rebounder that are easier on your joints compared to doing them on the ground, and you can get cardiovascular benefits if the exercise intensity is increased. All that is good.

The bottom line for me is if the rebounder gets you up and moving and exercising then go for it. You do need to feel safe on it and have no sort of restrictions for this sort of exercise. It looks like the good rebounders that will last run around \$250. Not cheap for sure. Taking a brisk walk is free! But a rebounder can be an alternative on those cold rainy, windy days that make a brisk walk miserable. Keep moving Market Street! See ya in church! Jeff

### Family Promise NSV UPDATE

- ⇒ Family Promise NSV is currently serving XX Families in Winchester/Frederick/Clarke/Warren counties.
- ⇒ Family Promise NSV thanks **Shenandoah River District United Women in Faith** for their donation of \$225!



- ⇒ **Family Promise Giving Day** is April 11. It is a 24-hour campaign to raise support for families facing homelessness.



Visit [www.familypromisensv.org](http://www.familypromisensv.org) for more information.



### Move Against Violence Saturday, April 20, 2024

It is an inaugural walk for awareness and fundraiser for The Laurel Center. Please visit [thelaurelcenter.org](http://thelaurelcenter.org) for more information.



### Camp Overlook



Scan QR Code for summer camp info!

WATTS Warming Center ended on March 29. Thank you for your support and prayers.



Our students and friends attended Palm Sunday Celebration!



United Women in Faith



**Sisters in Christ Circle** will not meet in the month of April. We will gather back in May!

**Susanna Wesley Circle** Please check the email/announcement for meeting date.

**United Methodist Men (UMM)** – Meet the second Sat of the month at 8 am. All Men are welcome!

**April Birthdays**



- Georgia Campbell 4/2
- J.W. Pangle 4/6
- Julius Armel 4/11
- Johnny Craig 4/13
- Betty Lausier 4/16
- Nancy Fromm 4/27

**April Anniversary**



- 4/2 John & Sally Spencer
- 4/20 Donnie & Cookie Oates
- 4/24 Steve & Wilma Jennings

**Easter Prayer**

*(From The United Methodist Book of Worship)*

When everything was dark  
and it seemed that the sun would never shine again,  
your love broke through.

Your love was too strong,  
too wide,  
too deep  
for death to hold.

The sparks cast by your love  
dance and spread  
and burst forth  
with resurrection light.

Gracious God,

We praise you for the light of new life  
made possible through Jesus.

We praise you for the light of new life  
that shone on the first witnesses of resurrection.

We praise you for the light of new life  
that continues to shine in our hearts today.

We pray that the Easter light of life, hope and joy,  
will live in us each day;  
and that we will be bearers of that light  
into the lives of others. Amen.



Let us Continue to Pray:

- All who are under medical care (and those who provide care)
- All persons who serve others in various capacities
- All victim of war, violence and natural disasters
- All children and families, schools (teachers and staff)
- All who are lonely, needing a community to belong



**Weekly Prayer Group — Wednesdays at 1:30 pm via Zoom**

**Judy Hagan will contact you with Zoom link.**

**Prayers for Our friends & family at Market Street**

Scott Cullers, Fran Ballance, Karen Hinkle, Nancy Fromm, Julius Armel, Dick Carpenter, Ed Henshaw, Joe & Betty Lausier, Brian Aronhalt, Larry Whitehead, Ben & Jane Mathis, Mable Carter, Chris Sweeney II, Janet & Frank Moore, Tom Dickinson, Tom and Brenda Sine, Pearl Ebert, Norma Fries, Betty Hess, Donna Patterson, Joan Christiansen, Gloria Austin, Pastor Jean McDonald-Walker, Bob McDonald Walker, Spike & Tina Hosey, Cookie Oates, Gene & Bonnie Sine, Phyllis Linaburg, Kevin Freeland (Kathy and Katie), Toni O'Connor

Market Street Church/its ministries, WATTS Warming Center, Family Promise NSV, The UMC

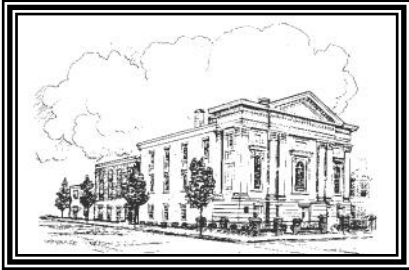
# April

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm		Admin Council, 7:00 pm	Choir Practice 6:00m	Kitchen of Hope 5:30pm		Leadership Retreat at SU
14	15	16	17	18	19	20
Sunday School 9:15 am Worship service 10:30 am  NOANDA 7 pm		Tuesday morning study, 10am at Greenwood**	Choir Practice 6:00m	Kitchen of Hope 5:30pm		NOATNA Event 3-8pm
21	22	23	24	25	26	27
Sunday School 9:15 am Worship service 10:30 am  <b>POTLUCK!</b>  NOANDA 7 pm		Tuesday morning study, 10am at Greenwood	Choir Practice 6:00m	Kitchen of Hope 5:30pm		
28	29	30				
Sunday School 9:15 am  Worship service 10:30 am  NOANDA 7pm		Tuesday morning study, 10am at Greenwood	Choir Practice 6:00m	Kitchen of Hope 5:30pm		

\*\* Starting April 16, Tuesday morning small group will study "Revival—Faith as Wesley Lived it" by Adam Hamilton. Everyone is welcome to join! 10:00 am at Greenwood UMC (726 Greenwood Rd)

Market Street United  
Methodist Church  
(540) 662-6709  
131 S. Cameron Street  
Winchester, VA 22601  
vamarketst@gmail.com  
www.marketst.org



TO:

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Sunday School—9:15 am  
**Sunday Worship Service 10:30 am**  
In-person or via Facebook Live/YouTube  
<https://www.facebook.com/marketstreetumc/>

Or YouTube

<https://www.youtube.com/channel/UCAKQ2HQcXqdkg1W0gBS5y8w>

**April**  
**2024**



**Mission Statement of Market Street United Methodist Church:**

Our mission is to nurture persons of all ages in their spiritual growth, to reach out with compassion to identify and address the needs of others, to boldly share our faith and invite all to become part of our church family.